



AgeWell  
at the JCC

KOSHER  
by ALADDIN

11 am - 1 pm

RSVP by 4pm the Business  
Day Before your visit

412-567-1715

Calling after 4 pm  
Does Not  
Guarantee a Meal

**Monday**

May 6

**BeWell**

3 oz Pepper Steak  
1 oz Gravy  
½ C Green Peppers,  
Onions & Tomatoes  
1 sl Wheat Bread  
½ C Barley  
½ C Peaches  
Calories: 676

**Season's Harvest**

Herb Crusted Cod  
Broccoli  
Barley  
Peaches  
Wheat Bread

**Tuesday**

May 7

**BeWell**

1 C Tuna Noodle  
Casserole  
3 oz Tuna  
½ C Sweet & Sour  
Coleslaw  
1 Dinner Roll  
½ C Mandarin  
Oranges & Pineapple  
Cuts  
Calories: 664

**Season's Harvest**

Orange Chicken  
Brown Rice  
Coleslaw  
Mandarin Oranges &  
Pineapples  
Dinner Roll

Menu is subject to change.

**Wednesday**

May 8

**BeWell**

4 oz Baked Chicken  
1 oz Mushroom  
Gravy  
½ C Butternut Squash  
w/ Margarine &  
Cinnamon  
½ C Stewed  
Tomatoes  
1 sl Rye Bread  
1 Apple  
Calories: 671

**Season's Harvest**

Cajun Tilapia  
Butternut Squash  
Stewed Tomatoes  
Rye Bread  
Apple

**Thursday**

May 9

**BeWell**

3 oz Salmon w/  
Tomato Basil Sauce  
½ C Chive Scalloped  
Potatoes  
½ C Green Beans  
1 sl Italian Bread  
1 Orange  
Calories: 746

**Season's Harvest**

Chicken Fajitas  
Spanish Rice  
Flour Tortillas  
Salsa  
Green Beans  
Orange

**Friday**

May 10

**BeWell**

4 oz Veggie Patty  
1 Tb Honey Mustard  
Sauce  
½ C Garlic Whipped  
Potatoes  
½ C Harvard Beet  
Slices  
1 sl Wheat Challah  
1 Banana  
Calories: 769

**Season's Harvest**

Cod Piccata  
Whipped Potatoes  
Harvard Beets  
Wheat Challah  
Banana